

RILEE ASTRAEA

Poetic Author, Creative Mystic + Somatic
Identity Coach Guiding Personal Rebirth



Speaking Topics:

- ✓ Jungian Psychology & Shadow Work
- ✓ Identity & Story-Based Transformation
- ✓ Somatics & Strength as Spiritual Expression
- ✓ Science + Soul in Human Behavior & Healing

Book Rilee:

219-895-3341 (direct)
rileeastraea@gmail.com
[View Website](#)

[View Media + Press](#)



“

Free Your Mind. Move Your Body.
Awaken Your Soul.

Rilee Astraea Brennan, known publicly as *Mystic in the Matrix*, is a **poetic author, creative mystic, and somatic identity coach**. She helps people reconnect to their **inner magic** through her *mindset, muscles, and magic approach*—a blend of **psychology, narrative, and somatic practices** grounded in both science and soul.

A **former corporate consultant**, Rilee spent nearly a decade shaping stories and leading culture-change projects for Fortune 500s and government agencies. Alongside that, she trained as a competitive **athlete and fitness coach**. But her greatest transformation came after an **existential breakdown** that forced her to **confront her shadow** and **reclaim her voice** as a poet, artist, and guide.

Today, she and her husband, Tim Brennan, co-create ***House of Astraea***, their **transformation studio** that offers **poetic books, Somatic Spells music, and online training + mentorship**. Whether through her thought leadership, poetic writing, or embodied coaching, Rilee's work reminds us that ***you are the story—and you can always write a new one.***

AS SEEN ON



@rileeastraea



@rileeinthematrix



/in/rileeastraea

Rilee's Keynote

From Breakdown to Blueprint: The Art of Anastasis

A deeply personal yet universally relevant talk on how breakdowns—*identity crises, career collapses, or spiritual dark nights*—can become the blueprint for rebirth. Rilee shares her own journey from unraveling to rebuilding, offering both poetic, soul-infused inspiration and practical, science-backed tools.

Audiences will learn:

How to recognize the transformative potential within collapse, integrate shadow aspects of self, and begin crafting a renewed identity using body-based practices, story reclamation, and accessible rituals for rebirth.



INTERVIEW TOPICS:

Transforming Stories Trapped in Your Body: *Rilee's method for using somatics, rhythm, and narrative to release trauma and rewrite identity.*

Reinvention for the Emotionally Intelligent & Neurodivergent: *How sensitivity, pattern-seeking, and existential questioning can become tools for healing and rebirth*

From Performance to Presence: *Rilee's journey of moving from corporate success and athletic achievement to sustainable creativity, coaching, and soul work.*

Rewriting Life Together: *With her husband Tim Brennan, a shared story of rock bottom, meeting on 11/11, and transforming through healing as a couple.*

The Shadow at the Edge of the Matrix: *Why confronting the shadow is both primal and scientific — a bridge between psychology and mysticism that shifts perception and opens the doorway to enlightenment.*

PRODUCTS + SERVICES

Books & Writing

Poetic prose and thought-leadership essays, including *The Other Side of Awakening* and *The Art of Anastasis*—works that blend psychology, spirituality, and story into accessible guides for transformation. Rilee also writes poetic thought leadership on Medium and LinkedIn.

Somatic Spells (Music)

Genre-bending electronic tracks that fuse her transformation poetry with soundscapes designed to rewire the mind, fuel the body, and awaken the spirit—music you can sweat to, heal through, and live by.

Strength + Soul Coaching

A shared practice with Tim Brennan built on Rilee's *Art of Anastasis* framework, combining fitness, somatic expression, and narrative work to help clients release, rebuild, and reclaim their magic.



@rileeastraea



@rileeinthematrix



/in/rileeastraea